

FOR IMMEDIATE RELEASE
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Centenarians Share Secrets to Longevity

SALT LAKE CITY – Mrs. Irene Leishman and Dr. Russell Clark, both 107 years “young” were among those attending today’s 22nd Annual Centenarian’s Day Celebration at the recently re-opened Utah State Capital.

Mrs. Leishman, a Bountiful resident, will celebrate her 108th birthday on July 25th. She attributes her longevity to “always having a positive attitude and something to do,” a sentiment shared by many of the Centenarians. Dr. Clark, of Orem will celebrate his 108th in November and shares “Centenarian” status with his younger sister, LeOra Larsen who turned 101 in April, 2008.

Approximately 48 centenarians attended today’s celebration along with invited friends and family. Utah has at least 155 centenarians, according to 200 Census data, 122 are known to Utah Division of Aging and Adult Services.

Today’s Centenarians have witnessed incredible change: indoor plumbing, electricity and the automobile. They have lived through two World Wars, the Great Depression, the civil rights and women’s liberation movements. When asked what innovation had the most impact on their lives, most mentioned radio, TV, automobiles and airplanes.

The celebration was hosted by Governor Jon M. Huntsman Jr. and First Lady Mary Kaye Huntsman. Governor Huntsman offered brief remarks before he and Mrs. Huntsman greeted the centenarians and presented them with certificates.

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